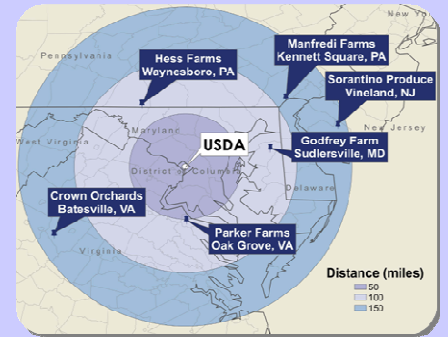


# From The Chef's Table



## Culinary Trivia

What plant root contains a compound that is 50 times sweeter than sugar?

Licorice root contains glycyrrhizin which is 50 times sweeter than sugar.

## Check out these Local Products this week

### Plums

Yellow Squash and Zucchini

Red and White Potatoes

Wild Flower Honey

Mixed Cherry Tomatoes

Green Peppers and Beets

Cucumbers

Ginger Gold Apples

Paula Red Apples

## Customer Request Corner & Special Items to Look For

Canada Dry Diet Ginger Ale

Wednesday South Café Fresh Baked Pineapple

Upside Down Cake

Navy Bean Soup Wednesdays

Salmon Cakes on Wed. and Friday

Watch for Coconut Cake

Roasted Mushrooms South Café Wed. – Thurs.

Kansas City Style BBQ Pork Ribs on Thurs. South Café

Would you like to have this page sent to your e-mail? If so send a chef's table request to:  
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